

1998 California Teen Eating, Exercise, and Nutrition Survey

**Table 45: Distribution of Overweight Status of California Adolescents Based on Body Mass Index<sup>1</sup>**

About how much do you weight without shoes?

About how tall are you without shoes?

	Overweight Status <sup>2</sup> , % of Adolescents		
	Not at Risk	At Risk for Overweight	Overweight
<b>Total</b>	<b>79</b>	<b>13</b>	<b>8</b>
<b>Gender</b>			
Males	75	16	9
Females	83	10	7
<b>Ethnicity</b>			
White	85	11	5
African American	61	20	19
Latino	74	15	10
Asian/Other	80	13	6
<b>Gender by Age</b>			
<b>Males</b>			
12-13	76	15	9
14-15	72	20	7
16-17	77	14	10
<b>Females</b>			
12-13	81	11	9
14-15	79	11	10
16-17	89	8	3
<b>Smoking Status</b>			
Non-Smokers	78	13	9
Smokers	79	17	4
<b>Physical Activity Status</b>			
Regular	79	13	8
Irregular	78	13	10
<b>Overweight Status</b>			
Not at Risk	N/A	N/A	N/A
At Risk/Overweight	N/A	N/A	N/A

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

<sup>1</sup> Body Mass Index (BMI) was calculated using the equation: weight (kg) / height (m<sup>2</sup>)

<sup>2</sup> Calculated using the CDC 2000 reference data by age and gender for BMI.

At risk for overweight = BMI ≥ 85th < 95th percentile.

Overweight = BMI ≥ 95th percentile

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

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**Table 46: Comparison of Self-Reported Weight and Ideal Weight Reported by California Adolescents**

About how much do you weight without shoes?  
What do you think is the best weight for you?

	Self Reported Weight, Mean Pounds	Self-Selected Ideal Weight, Mean Pounds
<b>Total</b>	<b>130</b>	<b>139</b>
<b>Gender</b>		
Males	137 ***	147 *
Females	122	130
<b>Ethnicity</b>		
White	128 <sup>a</sup> ***	132
African American	145 <sup>b</sup>	155
Latino	131 <sup>a</sup>	145
Asian/Other	123 <sup>a</sup>	136
<b>Gender by Age</b>		
<b>Males</b>		
12-13	110 <sup>a</sup> ***	127 <sup>a</sup> **
14-15	138 <sup>b</sup>	155 <sup>b</sup>
16-17	161 <sup>a</sup>	158 <sup>b</sup>
<b>Females</b>		
12-13	109 <sup>a</sup> ***	124
14-15	128 <sup>b</sup>	133
16-17	130 <sup>b</sup>	133
<b>Smoking Status</b>		
Non-Smokers	128 ***	137
Smokers	139	152
<b>Physical Activity Status</b>		
Regular	130	137
Irregular	130	146
<b>Overweight Status</b>		
Not at Risk	120 ***	127 ***
At Risk/Overweight	167	156

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

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**Table 47: Cross Tabulation of Trying to Lose Weight and Eating High Calorie, Low Nutrient Foods Among California Adolescents**

Do you ever do anything to try to lose weight?

Yesterday did you eat any pastries, such as doughnuts, Danish, sweet rolls, muffins, croissants, or poparts?

Yesterday did you eat any deep-fried foods, such as french fries, fried chicken, chicken nuggets, fried fish, fried shrimp, egg rolls or onion rings?

Yesterday did you eat any potato chips, tortilla chips, cheese puffs, pork rinds, or other fried snacks?

Yesterday did you eat any sweet snacks such like cake, pie, cookies, or brownies?

Yesterday did you eat any boxes or packages of candy, candy bars or drink any soft drinks that weren't diet?

Food	Portion Who Ate Each Food Yesterday	
	Have Ever Tried to Lose Weight, % of Adolescents	Have Not Ever Tried to Lose Weight, % of Adolescents
Pastry	26	32 *
Fried Foods	35	41 *
Chips or Fried Snacks	40	43
Sweet Snacks or Dessert	40	41
Candy or Soda	56	68 ***
Fast Food	25	30

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\*  $p < .05$

\*\*\*  $p < .001$

**1998 California Teen Eating, Exercise, and Nutrition Survey**

**Table 48: Cross Tabulation of Trying to Lose Weight and Exercising Among California Adolescents**

Yesterday did you participate in any physical activity, exercise or sports?

Do you ever do anything to try to lose weight?

	<b>Trying to Lose Weight, % of Adolescents</b>	<b>Not Trying to Lose Weight, % of Adolescents</b>
<b>Proportion Who Exercised Yesterday</b>	74	73

Differences are not statistically significant.

**1998 California Teen Eating, Exercise, and Nutrition Survey**

**Table 49: Weight Loss and Dieting Practices of California Adolescents**

Do you ever do anything to try to lose weight?

What is the most common thing you do to try to lose weight? Would you say go on a diet, fast, exercise or workout, smoke, or some other way.

Are you dieting to lose weight now?

	Tried to Lose Weight Ever, % of Adolescents	Dieting to Lose Weight Now, % of Adolescents	Practices Adolescents Reported Using to Lose Weight <sup>1</sup>	
			Exercise	Diet
<b>Total</b>	<b>50</b>	<b>12</b>	<b>85</b>	<b>15</b>
<b>Gender</b>				
Males	43 ***	7 ***	92	8 ***
Females	57	17	78	22
<b>Ethnicity</b>				
White	45 **	10 *	86	14 *
African American	56	18	71	29
Latino	56	14	87	13
Asian/Other	45	10	81	19
<b>Gender by Age</b>				
<b>Males</b>				
12-13	51 *	11 *	76	4
14-15	38	5	87	13
16-17	40	6	93	7
<b>Females</b>				
12-13	49 ***	15	84	16
14-15	54	17	87	23
16-17	67	19	75	25
<b>Smoking Status</b>				
Non-Smokers	51 *	12	86	14 *
Smokers	40	12	74	26
<b>Physical Activity Status</b>				
Regular	48	12	87	13 ***
Irregular	55	13	75	25
<b>Overweight Status</b>				
Not at Risk	42 ***	9 ***	85	15
At Risk/Overweight	75	26	82	18

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

<sup>1</sup> Dieting and Exercise represent all but 17 respondents who indicated "other"

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Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

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**Table 50: California Adolescents Who Reported Being Vegetarians**

Are you a vegetarian?

	<b>Reported Being a Vegetarian,<sup>1</sup> % of Adolescents</b>	
<b>Total</b>	<b>5</b>	
<b>Gender</b>		
Males	3	**
Females	7	
<b>Ethnicity</b>		
White	5	
African American	1	
Latino	6	
Asian/Other	4	
<b>Age</b>		
12-13	4	*
14-15	7	
16-17	3	
<b>Smoking Status</b>		
Non-Smokers	4	
Smokers	7	
<b>Physical Activity Status</b>		
Regular	5	
Irregular	4	
<b>Overweight Status</b>		
Not at Risk	5	
At Risk/Overweight	3	

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

<sup>1</sup> Data should be interpreted with caution due to small sample size within the cells.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

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**Table 51: California Adolescents Who Reported Using Nutritional Supplements**

Are you taking any vitamins or nutritional supplements now?

	<b>Reported Taking Supplements, % of Adolescents</b>
<b>Total</b>	<b>35</b>
<b>Gender</b>	
Males	34
Females	36
<b>Ethnicity</b>	
White	38
African American	33
Latino	32
Asian/Other	28
<b>Gender by Age</b>	
<b>Males</b>	
12-13	32
14-15	30
16-17	38
<b>Females</b>	
12-13	36
14-15	35
16-17	35
<b>Smoking Status</b>	
Non-Smokers	33
Smokers	34
<b>Physical Activity Status</b>	
Regular	36
Irregular	30
<b>Overweight Status</b>	
Not at Risk	37 *
At Risk/Overweight	29

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05